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Showcasing skills

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INPORTNEWS

SERVING PORT COLBORNE • WAINFLEET • SHERKSTON • LOWBANKS • ISSUE NO. 8 VOLUME 16

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■ **SPORTSFEST:** Soup contest, beer-tasting highlights annual event

Tastebuds get soupier treat

DAVE JOHNSON
 InPort News Staff

PORT COLBORNE — The smells from eight different soups wafting through the air at Canalside Pub and Eatery on Sunday were enough to make one's mouth water.

And for \$10, one could sample the soups, which ranged from mango chicken, a potato, leek and chorizo combination, to cheeseburger and one called "Waterzooi."

They were all part of the restaurant's fifth annual Soup Cook-Off, part of Port Colborne's annual Sportfest weekend.

Waterzooi soup, said creator Sharon Cleveland, is a Belgian soup. It's a cream of chicken with cream and eggs tempered in making it a silky soup.

"My husband bought me a soup

cookbook and I was looking for something different," said Cleveland, who also works at Canalside.

Greg and Rosemarie Polisson, owners of the West St. restaurant, said they are known for their soups and that they'd do the cook-off even if there was no Sportfest.

"Sportfest is a great community event," they said.

see SPORTSFEST | page 2

DAVE JOHNSON Staff Photo

Canalside Pub and Eatery owner Greg Polisson serves up some soup at Sunday's Soup Cook-off at this Port Colborne restaurant. The day-long event featured eight taste-tempting soups.



■ **HEALTH**

Teen girls urged to Think About It!

DAVE JOHNSON
 InPort News Staff

PORT COLBORNE — Teens have many stressors in their lives, stressors that could lead to substance abuse, mental health issues and other problems down the road.

"There are just so many, things like the fast pace of school, learning challenges, not having the tools or resources to be successful academically. In some cases it could be the lack of a role model with teens having parents who have a substance use problem, mental health issue or are dealing with job loss," said Dr. Amanda Bell.

"They (teens) could be raising a younger sibling or alone for long periods of time."

see HEALTH | page 2

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SPORTSEST

Potato, leek, chorizo soup tops cook-off

FROM PAGE 1

The cook-off, the two said, allows people to be creative in their cooking and its open to anyone. Chefs from other restaurants in Port Colborne have competed in it in the past.

Some of the soups seen

in past cook-offs have included beer, beef and cheese, seafood, a smoked jalapeno and roasted red pepper to a chicken wing soup.

In addition to the cook-off, the restaurant held a Name That Tune contest

on Friday night, also in its fifth year, and a beer-tasting event on Saturday in conjunction with Niagara College.

The beer-tasting, the Poissons said, was in its second year and there were 16 people who sampled

eight different beers from the college's teaching brewery, including a chocolate mint beer.

"They were very original beers," Rosemary Poisson said.

Graig Poisson said the college's brewmaster brought

along various grains used in making the beers so people could see what they tasted like.

With the soup cook-off on Sunday, the restaurant owners said any leftover soups would be donated to Port Cars' soup kitchen.

The winning soups on Sunday were: first, Cindy Allison, potato, leek and chorizo; second, Sharon Cleveland, Waterzooi; third, Shelby Agnew, Randy Cleveland and Dalton Wilson, cheeseburger soup.

HEALTH

Program geared to girls who abuse alcohol or drugs

FROM PAGE 1

That's why Bell, along with Bridges Community Health Centre, has launched Think About It!, a new 10-week group program specifically for 14- to 18-year-old girls who are using alcohol or drugs and/or have mood issues.

She said Port Colborne is an underserved area and faces challenges because of transportation and resources when it comes to mental health and substance use.

"We have a relatively high rate of mental health issues among young people here."

So last year, she applied to the College of Family Physicians of Canada's Daniel Glazier Award for Adolescent Mental Health and Substance Abuse for the Think About It! program. She said substance use and mental health issues is an area of interest to her.

This past summer the program proposal was accepted and she teamed up with Bridges.

"Bridges has the location to deliver the program and resources it was accepted and she teamed up with Bridges."

Medical students from McMaster's Michael G. DeGroot School of Medicine

Niagara Campus are lined up to help Bell with the pilot program. The 10-week program will use cognitive behaviour therapy to help the girls who take part identify thinking patterns, find common thinking errors, and decide how their thinking patterns influence their behaviour.

"It will start at the end of March and run once a week for an hour-and-a-half. We want the girls to see there are some resources within the community and know they have additional support. We'll work at giving them information on substance and show how it can be a risk to their physical and mental health. We'll look at their thinking patterns and stressful situations that may lead them to substance use," said Bell.

Some girls may already be thinking about substance use, experimenting with drugs or cigarettes or engaged in self-harm behaviour or have eating pattern problems.

"We want to help them move more serious drugs, legal problems or not completing their education. We want to help the girls figure out new thinking patterns and other alternatives for dealing with stress and pressure so they're not doing something harmful to their physical or mental health," said Bell.

Her hope is that girls who attend the program aren't in a bad place yet and that early intervention, teaching coping and problem solving skills and helping them explore alternatives, will help. Lori Kleinsmith, a health promoter at Bridges, said

As teens they are still developing, changing and trying to find their identity. I don't now how some get by."

Lori Kleinsmith, a health promoter at Bridges Community Health Centre

there's no better time to start than when the girls are in their teens. Helping them sort out issues now, means they have problems as an adult.

A lot of teens are worried about the future," said Kleinsmith. "A survey we did in the community showed that stress and school were linked with almost every teen."

She said dealing with stress can be overwhelming and many adults have a hard time.

"As teens they are still developing, changing and trying to find their identity. I don't now how some get by," Kleinsmith hopes teen girls in the community will see the program being run by Bell and Bridges as something for them.

"We have the space and the staff. We don't want to see this be a one-time thing."

Bell said the program isn't stand-alone, she wants to partner with others in the community.

"By the time we're finished the 10 weeks, most girls will only be starting consider options and changes to make in their lives. Actual change



DAVE JOHNSON Staff Photo

Dr. Amanda Bell, along with Bridges Community Health Centre, has launched Think About It!, a new 10-week group program specifically for 14- to 18-year-old girls who are using alcohol or drugs and/or have mood issues.

takes a long time."

She wants the program to link up resources inside the community, bringing in family doctors and school nurses.

"We'll meet with each girl to see what resources they have and what we may need to get into place."

Though some may think

teens with problems or potential problems are low achievers, high-achieving teens can be in trouble, too, said Kleinsmith.

"They work hard to keep the high grades and worry about the scholarship and the cost of school. Some work two or three part-time jobs to pay for school. They're burnt

out, burning the candle at both ends."

Deciding what they want to do in the future at a younger age also puts stress on teens.

"It's just one type of person, it's across the board," Kleinsmith said.

The two women said there will be no cap on the number of girls for the program.

"We'll take as many who want to come," said Bell.

Teen girls who want to take part don't need parental permission and confidentially will be respected in the group setting.

"We'll see how this program goes and if it's the right program for what we are trying to achieve," said Bell.

She said adjustments can be made to it and if the families ask, it will be there for any interested party to use and deliver.

"We are very excited to partner with Dr. Bell on this ground-breaking program," said Bridges executive director Taralea McLean. "Collaborations and partnerships are essential to creating better access to health programs and services in our community."

The program will be held on Thursdays from 3 p.m. to 4:30 p.m., starting Thursday, March 29, in the Community Room at Bridges Community Health Centre, 177 King St., Port Colborne.

There is no cost and snacks will be provided. For more information or to register, contact Lori Kleinsmith at 289-479-5017, ext. 2445, or by e-mail at lori.kleinsmith@bridgesche.ca.

portraits

■ VOLLEYBALL

Tournament sees spike in numbers

DAVE JOHNSON
InPort News Staff

PORT COLBORNE — Bodies and balls were flying around three gyms at Lakeshore Catholic High School and St. Therese School last weekend as teams competed for volleyball supremacy in the annual Sportsfest Volleyball tournament.

"This is our 10th or 11th year running this," said organizer Pete Leavere.

Leavere actually had to turn away four teams from the 60-team tournament on the weekend.

"The number of teams is up

a bit from last year," he said.

The tournament has grown over the years and teams from across Niagara take part in the two-day event.

Saturday saw mens and ladies competitive teams and ladies intermediate teams play 25-point games.

On Sunday, co-ed recreational and competitive teams took to the courts.

Leavere said funds raised were donated to the Port Colborne food bank.

"We usually donate around \$1,000," he said.

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DAVE JOHNSON Staff Photo

A member of Six Bucks High hits the ball over top of team Raw Dogs during volleyball action at Sportfest on Sunday.



DAVE JOHNSON Staff Photo

A member of team Wasted Talent goes up to spike the ball against team Crazy Sets during volleyball action in the annual Sportsfest Volleyball Tournament over the weekend in Port Colborne. Wasted Talent won the game.

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■ ourview

Big Brother government

In Ottawa, the federal government dismantled the federal long-gun registry. It did this because it believes that forcing law-abiding gun owners to tell the government what kinds of guns they have is an affront to privacy and liberty.

In support of the Conservative government—and to the government itself—the long-gun registry was a tool of the left. It was worked by so-called Big Brother government. For similar reasons, the Conservatives changed the rules around the census. No longer would Canadians be forced, as the Conservative line of the day went, to tell the government how many bathrooms they had in their house or other details about themselves.

And yet this very same government tabled new legislation which would give police, spies and federal bureaucrats from the Competition Bureau the power to collect information about the digital services Canadians use without first obtaining a warrant from a judge.

There is no excuse for this kind of intrusion on the privacy rights of Canadians and certainly not one from a government that says it champions the idea that the federal government ought to respect individual liberties and rights.

Justice Minister Rob Nicholson said this new bill would involve “a minimum of intrusion on the privacy of Canadians.” So Nicholson admits there is “an intrusion” of privacy. Well, the long form census was far less intrusive and the Conservatives went to the mat to kill that. And yet, the Conservatives are happy to pass into law a bill that includes this: “When a telecom service provider is presented with a written request from a cop or a bureaucrat—remember, no judge will be involved—‘every telecommunications service provider must provide the [requester] with identifying information in the service provider’s possession or control respecting the name, address, telephone number and electronic mail address of any subscriber to any of the service provider’s telecommunications services and the Internet protocol address and local service provider identifier that are associated with the subscriber’s service and equipment.”

NBC’s MP Charlie Angus said right when he said that this bill “will treat every law-abiding Canadian citizen as a potential criminal. This is a bill that does away with the long-standing provisions that protect the basic rights of Canadians to ensure that when the police want to go after you, they need to wait to follow you, want to spy on you, they have to do it with warrants.”

Twos would have you believe that the NDP, civil rights advocates, privacy commissioners and other opponents of this draconian legislation support child pornographers, the bill’s alleged target. Baloney. All Twos has done is cave to pressure from a law enforcement lobby to create a shortcut that does away with important judicial oversight of the investigators. That’s about as Big as Big Brother government gets.

“We’re worried about a 1984 scenario,” Liberal MP Marc Gmeaux said, referencing George Orwell’s famous police-state dystopia. All Canadians should be worried, too.

david.akin@sunmedia.ca

■ I’VE BEEN THINKING

Every day should be Family Day

REV. STEVEN DAVIS
Central United Church

I write this on Family Day. It is in some ways, I suppose, an annual holiday, created to give us a long weekend in the middle of winter more than anything else. It certainly isn’t the only day to be set aside to celebrate family—surely that’s something we should be doing every day. Still, the thought is a perhaps valuable one: the holiday may well be useful as a reminder to us all to value the people in our lives who are family to us.

Almost seven years ago, my wife and I adopted our daughter. She has been a blessing to us in so many ways. I have often reflected on the fact that it was my experience of becoming a father that really taught me about God’s unconditional love. Before I became a father, I could speak (some might even say eloquently) about the love of God, but I’ve come to the conclusion that I didn’t really understand God’s love at that point in my life. And then came fatherhood. Hannah was adopted in China. I can well remember standing in the “Adoption Room” in Changsha, the capital of Hunan Province, waiting anxiously, excitedly and nervously (and perhaps even apprehensively) for the little girl who would be mine. It was for the first time. Then, suddenly, with little fanfare except the screaming and wailing of a number of approximately one year old girls, there she was. And at that moment I knew I loved her. This was not just an orphan, not just a little girl that we were adopting. This was my daughter! My little girl. And she would be that forever from

that moment on! And then I understood. All the things I had been speaking of and preaching about for years suddenly had a context that made them understandable to me. Seven years later I look at Hannah with the same eyes.

I now suspect that all parents understand this feeling. I can imagine myself being upset with Hannah, frustrated with her, disappointed in her and even angry with her—but it is absolutely impossible for me to imagine not loving her. I have no doubt whatsoever in my mind that my love for her is unconditional, and there is nothing I can imagine that would ever make me shut myself away from her. Suddenly—there’s divine love in a nutshell. God may disapprove of a lot of what I do, God may be disappointed, frustrated, upset and even angry with me—and I am realistic enough to be able to confess that I’ve done enough in my life to give God reason for those feelings—but God will never stop loving me. As Paul wrote in Romans, there is nothing in all of creation that will ever be able to separate me from the love of God which is in Christ Jesus my Lord. In the words of a hymn, “What wondrous love is this?”

My experience as an adoptive parent helps me understand these words and I think I can move beyond my selfishness. For those who are led by the Spirit of God are the children of God. The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received has brought about your adoption to sonship. And by him we cry, “Abba, Father.” The Spirit himself testifies with our spirit that we are God’s

children. Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.” To be adopted as a child of God is to be given access to a rich inheritance in all material things, but in spirit and most especially in the promise of unending, eternal love. What a blessing to be given the privilege of knowing that I am a part of God’s family.

God asks for no repayment for this gift. But God has set an example for us to follow: the example of self-sacrifice; the example of care and concern for others; the example of offering hope to those who perhaps have lost hope; the example of giving love to those who perhaps know no love. As all parents try to set good examples for their children, and hope that their children follow and grow into loving and caring people, so does God set this example for us through Jesus. As God’s children, my hope is that we follow the example of our heavenly Father.

Depending on love, of course, doesn’t depend on being a parent. Anyone can love and experience and live by the quality of love. Parenthood has just helped me to put love in perspective, and it’s something that has helped me to understand more fully than I ever had before the value of family. I’m writing this on Family Day. I enjoy the day off. But I don’t want Family Day to be the only day that I celebrate my family. I want to celebrate my family every day—just as I want to be being a part of God’s family every day.

God bless you all, and may you all know the joy of God’s love in your life.

■ readers’views

Proposed bill invasive

Despite being very outspoken on the question of crime, Prime Minister Stephen Harper seems far from eager to discuss the “Lawful Access” legislation he’s promised to pass within 100 days of taking office—legislation that will allow online spying without a warrant.

The proposed legislation will force every phone and Internet provider to keep “surveillance” to collect the private information of any Canadian, at any time, without a warrant. This will create legislation that is:

Warrantless: A range of “authorities” will have the ability to invade the private lives of law-abiding Canadians and our families using wired Internet and mobile devices, without justification.

Invasive: The law leaves our personal

and financial information less secure and more susceptible to cybercrime.

Costly: Internet services providers may be forced to install millions of dollars worth of spying technology and the cost will be passed down to you.

Canada’s Privacy Commissioner, Jennifer Stoddart, has voiced her concerns about online spying repeatedly, and has called for strengthened oversight and privacy safeguards in the bill.

Any proposals to expand telecommunications surveillance must be based on a clear need for new powers, which must be demonstrated by verifiable evidence. And then new powers must include comprehensive internal controls, clear oversight, meaningful deterrents, and a system of enforcement.

Visit www.stopspying.ca to learn more and sign the petition.

Sean Struback
Welland

Dissent and rise of Big Brother

Re: Big Brother government, David Akin

Never in my soon to be 58 years as a Canadian citizen, did I ever dream that if one dissented with the Stephen Harper government’s policies that a Canadian citizen would be aligned as a child pornographer or a terrorist for wanting his/her rights to privacy and security sanctified online.

Continued on page 5

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■ readers' views

FROM PAGE 4

What a sad revelation for Canada and Canadians.
Liz Seger
Port Colborne

The Niagara Regional

After the initial Sun Media fanfare in launching this section as an impartial reflection on life in Niagara Region it has all too soon become no more than an unashamed pro-megacity and 'One Niagara' political pamphlet.

Since one single edition where Peter Kormos was allowed to offer some well researched and common sense reasons that enabling a larger regional government was not a good idea all pretence of objectivity have been put aside whilst the message for One Niagara rolls on.

What concerns me is the advice being relied on, without question, from folk who are planning future economic policies.

Of the 15 contributors to a recent Regional, 10 were from either Brock University or Niagara College, all students still in tax supported programmes or academics who have only received income paid

for by the taxpayer. However bright and well intentioned they may be they are hardly qualified to comment on anything else but the socialist command economy that they likely hear of in class? It might be illuminating for both Brock and Niagara College to publicize the numbers graduating now who choose the public sector, compared with the private sector, when they leave to go into the 'real world'?

Of the remaining five contributors, supposedly from the 'private sector' at least three rely on government 'funded' (tax dollars) projects for a fairly large chunk of their incomes, which leaves just two who are apparently totally independent and have created business from their own individual efforts and without relying on tax dollar support!

Unless those who take from the public purse can explain just where the 'money tree' grows that they all rely on I am not sure they should be the majority of those to offer economic advice on the benefits of an even bigger regional government relying on even more tax dollars to keep it on life support?

Andrew Watts
Wainfleet

■ CLOSE SHAVE FOR DADDY WARBUCKS



Supplied photo
L.A. Hair Tec's Frank Guardari helps Port Colborne Operatic Society's Jamie Mowat get into character as he prepares for the role of Daddy Warbucks in the group's production of Annie. He had his head shaved on Saturday morning in anticipation of the show's Feb. 18 debut.

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■ SOUP'S ON ... SMILES TOO



VICTORIA GRAY Staff Photo

Lakeshore Catholic High School's Michael Scime, Grade 11, left, Christian Cross, Grade 12, and former student Stephanie Perdue serve up smiles and soup.



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■ COLUMN

Toy dogs: Part 5

The Italian Greyhound has been around for over 2,000 years and really does look like a tiny Greyhound. By selective breeding the Italian Greyhound was developed to become smaller and smaller. Finally a tiny, perfectly formed Greyhound was created to weigh eight pounds. They were extremely popular in Italy and Greece in ancient times. People loved to carry them around in the house. They are often seen in many paintings of famous artists of the Middle Ages. The Italian Greyhound is very affectionate with his family. He can be aloof with strangers but is very good with children and other pets.

The Chinese Crested Dog has a very smooth coat which is more skin than hair. He has spots on his skin and fluffy, long hair on his lower legs and tail. The long fluffy mane on his neck makes him look like a tiny toy pony. It is a mystery exactly where these tiny dogs originated. Some people believe they are related to the African Hairless Dog. It is known that Chinese sailors kept them as pets and rat hunters on their ships. They have also appeared in Mexico, Central America, Africa and Asia. It is thought that their puppies were used for trading to get other items when the sailors arrived in far away ports. Today they make great pets but special care has to



Sandie Bingley
IT'S A DOG'S LIFE

be given to their sensitive skin and they can sunburn easily.

The second variety of Chinese Crested Dogs is called the Powderpuff. He has the soft fluffy fur all over his body making him very, very cute.

The Brussels Griffon became out as a tiny, very good rat catcher in the horse stables in Belgium. Because these dogs had a great personality with people, they soon were allowed to sit up in the horse drawn coaches with the drivers. The public was attracted to these interesting little dogs riding on the carriage benches. They are very intelligent,

and also sensitive. He has a harsh coat, whiskers & eyebrows like a terrier. He can be very curious and an alert little watchdog of toy size.

It is interesting to note that the Best in Show winner at the prestigious New York Madison Square Gardens Dog Show this week came from the Toy Group. Do you know what breed it was?

Next Time: Toy Dogs part six and the Winner of the "Gardens" dog show.

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■ **CHALLENGE:** Teens showcase knowledge of the trades



VICTORIA GRAY Staff Photo

Annie Shriner, left, and Megan Murphy, both Grade 11 students at Westlane Secondary School in Niagara Falls, participate in the television and video challenge during District School Board of Niagara's skills challenge.

The skill of it all

VICTORIA GRAY
 InPort News Staff

and participate in a job interview.

WELLAND — Challenge students to greatness and they will act.

District School Board of Niagara held its automotive, television and video, and small engine repair skills competitions last week at Seaway Mall.

The event is part a month-long competition that boasts 25 categories that also include plumbing and hair design.

"It's a big deal for students, it's a real feather in their cap (as medalists) to represent their schools," said district skills challenge co-ordinator Mike Doyle.

"It's a testament to their commitment for employers and gives them post-secondary opportunities," he said.

The top three competitors in all three categories were picked, but their medal position will be announced April 4 at an awards banquet. Students who are chosen will proceed to the provincial skills competition in Waterloo later this year.

The television and film competition returned to the mall after a four-year hiatus. Competitors had only six hours to create shot lists and storyboards, film, edit and produce a two-minute promotional video about the skills competition

and participate in a job interview. Chris Putnam, co-ordinator of the television and video challenge said it's a great way to teach students time management.

"It's a big change for them to shoot something in the real world, and say they get into broadcasting — they get a taste of what it's like having a time constraint," he said.

Zack Smith, 16, from Eastdale Secondary School, competed in the automotive challenge to help him figure out if he really wants to be a mechanic. "I've been seriously looking into it for two years. I just want to spend this year learning and it's been worth it," he said.

Students in the automotive challenge had to work with brake lines, brakes, engines, vehicle computer controls and vehicle electric components, and take a written test then be subjected to a job interview with Job Gym.

Eric Rioux, co-ordinator of the automotive challenge, said he loves the friendly competition because students get to meet others in the district with similar interests they wouldn't have otherwise got to know.

see **CHALLENGE** | page 9

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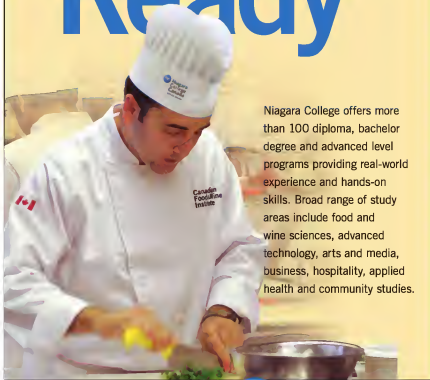
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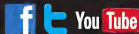


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■ PROS AND CONS: Three-city model proposed in past

Prep work already done for a megacity

ALLAN BENNER
InPort News Staff

WAINFLEET — When it comes to restructuring Niagara Region, a lot of the spade work has already been done.

An April 11, 2000, a Berkeley Consulting Group report called Good Governance for the Future commissioned by Niagara Region, has already considered the pros and cons of various ways of chopping up the region.

After three months of looking at the data that was available at the time, along with public consultations, that final 47-page document recommended a three-city Niagara as the preferred model. But it also considered a Niagara megacity, as well as carving Niagara into six independent cities.

Regional councillors at the time, however, rejected the consultant's recommendation, leaning instead towards the option of creating a single megacity.

Ultimately, after spending nearly \$200,000 on Niagara's governance review, the momentum of moving forward with regional restructuring died when later that spring the provincial government backed away from forcing amalgamations on municipalities.

Nevertheless, the Berkeley Report remains intact — collecting dust on library shelves.

In its preferred three-city model, the consultant recommended splitting the region into three cities.

These were: Niagara River, composed of Niagara-on-the-Lake, Niagara Falls and Port Erie; Canal City, composed of St. Catharines, Thorold, Welland and Port Colborne; and West Niagara, comprising Grimsby, Lincoln, West Lincoln, Pelham and Wainfleet.

The report said other amalgamations that would create three or even four city models "would also make sense."

Although there would be no regional government, the largest of

the three cities — Canal City — would provide regional services like public health and social services.

A joint planning board and water and sewer services would be created by the three municipalities to serve the entire region.

The report also considered creating a single megacity, or "unicity." It would essentially merge all the local municipalities as well as regional government into a single Niagara government.

A ward system would be established to provide local representation across Niagara. Each ward would consist of a "reasonable population" to allow for the creation of large rural wards.

The consultant, however, warned against the megacity option, calling it the "big bang approach."

"Big change is hard to do well," the report warned.

A six-city model was also looked at, which would abandon regional government in favour of merging neighbouring municipalities throughout Niagara.

It included:

- A "Western Alliance," comprised of Grimsby, Lincoln, West Lincoln and all or part of Pelham.

- A combined city of St. Catharines and Thorold.

- Welland was seen as standing alone, or including part of Pelham.

- Niagara Falls and Niagara-on-the-Lake would be merged.

- Port Erie would remain as it is.

- Port Colborne would be merged with Wainfleet.

Regardless of the option selected, the consultant warned it would not result in major cost savings.

At the time the report was written, one-third of property tax revenue collected throughout Niagara went to Niagara school boards, and merging municipal governments would not change that.

In addition, many of the regional services are provincially mandated including social services, social housing and public health.

■ **GEARING UP:** Anglers already talking about tournament

444 tourney fishing for funds

DAVE JOHNSON
InPort News Staff

PORT COLBORNE — Of the 96 boats that entered the annual 444 International Walleye Tournament last year, one of the more unique entries was a 50-foot tugboat.

"They didn't catch a thing... they just wanted to see if they could do it," said Chris Yalowica, chairman of the tournament put on by the Port Colborne and District Conservation Club.

Yalowica said the tugboat had a number of drift socks in the water to try and keep it on course as it trotted for walleye in the waters of Lake Erie off of Port Colborne. Drift socks are devices put in the water to keep a boat steady in waves and wind.

The tournament chairman didn't know if the tugboat captain was going to take another shot at the three-day event — two days of which are actually spent on the water, fishing for walleye — but said any size boat is welcome to enter.

Last year's tournament was a resurgence for the tournament, which had slowly been declining. Yalowica said there's already interest in this year's tournament, the 21st annual.

"We sold 500 tickets for our fundraiser and had to get 250 more printed."

The fundraiser will be held Saturday, Feb. 25, at Brebeuf Hall, 300 Killaly St. E., from 7 p.m. to 1 a.m. with the Horns from Hell playing and food catered by Country Corner. Tickets are \$10 in advance and \$15 at the door.

"It's all you can eat with door prizes and a lot of 'bench fishing,'" said Yalowica, adding with a laugh that "bench fishing" is just a bunch of guys sitting around talking about fishing.

While anglers may talk about the tournament, which runs June 22-24, at the fundraiser, others are talking about it across Niagara and beyond. Word-of-mouth, in addition to newspaper and radio ads and various fishing websites, is how people learn of the tournament.

"There's talk around Brantford about the tournament. We get people from Niagara, London, New York state and Michigan."

Asked if any professional walleye anglers have entered, Yalowica said the conservation club has received calls from some but so far none have entered. He suggested the \$10,000 guaranteed prize for first place may be just a bit too small for the pros, though it's great for all of the anglers who do enter.

In addition to the fundraising event at Brebeuf Hall, the tournament relies on sponsors to help with the \$10,000 prize and all of the other prizes associated with it.

"If we didn't have any sponsors, we'd need at least 100 boats entered just to break even."

Tournament organizers take care of the sponsors by taking them fishing and treating them to a fish fry. Some of the fish used in the fish fry are walleye caught the weekend of the tournament.

While almost every angler take their fish home, some donate their catch to the conservation club.

Yalowica said the 444 is not a catch-and-release event. He said anglers aren't equipped to release the fish on their own and the fish are hard to keep alive.

Fish caught on the lake, which in June are found off of Port Colborne or to the east, are very healthy, with last year's big fish coming at more than 11 pounds.

Yalowica said the walleye population on the lake is high and he's been told the hatches in the last couple of years have been very good.

While the walleye population may be good, there's no guarantee anglers will be able to catch any. Using a combination of science, math and a lot of luck, anglers use various methods to try and catch the elusive fish. Yalowica said planer boards, dippy divers and worm harnesses are used.

"With the dippy divers, there

are charts that tell you the curve you need to get the right depth ..."

Science, math and luck aren't needed to find out more about the tournament, which had a booth last weekend at the Spring Fishing & Boat Show in Toronto and one in Niagara Falls at the Scotiabank Convention Centre in March.

More information can be found online at the conservation club's website comorbycallingChristaww.Yalowicapcc.ca or 905-834-1780.



TOWNSHIP OF WAINFLEET

NOTICE

PUBLIC OPEN HOUSE AND WORKSHOP NEW COMPREHENSIVE ZONING BYLAW AND SITE PLAN CONTROL GUIDELINES

Please be advised that Council for the Township of Wainfleet will be holding a public meeting on **Saturday, February 25, 2012, 9:30 a.m. – 12:00 p.m.** in the Wainfleet Volunteer Firehall, 31907 Park Street, Wainfleet. The purpose of this open house and workshop is to present background information and seek public input concerning the creation of a New Comprehensive Zoning Bylaw and Site Plan Control Guidelines. Public input is a critical component of this project and will help shape these critical planning documents and overall development regulation in the Township. All Wainfleet residents, property owners and other stakeholders are invited to attend. The Township of Wainfleet has retained Sorenson Gravely Lowes Planning Associates Inc. Participants are required to R.S.V.P. to Irene McDonald at imcdonald@wainfleet.ca or (905) 899-3463, extension 224. Additional information is available at www.wainfleet.ca.

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■ MUNICIPAL WORKS: Preparations continue for new operations centre

Port Colborne pumping more cash into old fuel tanks

MARYANNE FIRTH
InPort News Staff

PORT COLBORNE — Port Colborne will dig deeper in its pockets to remove in-ground fuel tanks.

In the 2012 budget, council approved debenture of \$960,000 for the city's new operations centre. Of those

funds, \$800,000 was to go toward design of the new operations yard.

The remaining \$160,000 was to go toward removal of the city's current underground fuel storage tanks, as well as installation of an above-ground fuel storage system.

The existing tanks have

reached their expiry date and must be removed by June.

Tender documents were prepared by the city and two contractors submitted bids for the job.

Stevensville-based V. Gibbons Contracting came in with a bid of \$247,923, which was recommended

by city staff, and Claybar Contracting with \$367,804.

To help lower the costs, which came in higher than anticipated, city staff have recommended changes that can be made during the design and construction phases of the project.

That would bring the price down to \$226,623 plus

asphalt costs.

The initial estimate of \$160,000 for decommissioning the existing tanks did not include costs for the amount of remediation needed for the property, said Ron Hanson, Port Colborne's director of engineering and operations.

Staff recommended the

additional funds needed for the project, totalling \$76,000, be debentured, amounting to about \$236,000 with taxes.

The additional debenture amount will add about \$4,200 to annual debt charges in 2013, representing a 0.03% tax levy increase for that year.



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■ **CITY:** Benches would be installed across Port Colborne

Lakeshore eager for bench partnership

MARYANNE FIRTH
InPort News Staff

PORT COLBORNE — Lakeshore Catholic High School wants to build bridges in Port Colborne by building benches.

Representatives from the school appeared before council last week in hopes of further developing a growing partnership between Lakeshore and the municipality.

Through its construction program, the school wants to build and install park benches and furniture in public spaces.

The details have yet to be worked out, but Marco Magazzeni, Niagara Catholic District School Board's technology/specialist high skills major consultant, asked that council consider joining forces

on the worthy project.

Students have already produced prototype benches they'd like to see installed in various parts of the city.

Along with students, Lakeshore's tech staff would be involved in the project, including manufacturing teacher Mike Stevenson, and construction teachers Joe Sciarra, Tino Nucitelli and Nick Macione.

Stevenson has been in talks with Ward 1 Coun. Dave Elliott, who even stopped by the school shop to check out current projects, in hopes of turning the idea into reality.

"Our staff and students take pride in taking our school out of Janet St. and into the community," Magazzeni said, citing several projects Lakeshore has been involved in.

One particularly large project took place in 2009, when the high school's construction students successfully flipped a home on Clarke St. and donated the proceeds to McMaster Children's Hospital.

It's an opportunity for teens to share their talents with the community, while also offering a benefit to the citizens of the city, Magazzeni said.

Deputy mayor Yvon Doucet, who filled in for Mayor Vance Badawey, said he could see no reason why the city would turn down a partnership with such potential.

SHSM construction student Tyler Dekker was also on hand to present Doucet with a 2012 Niagara Catholic District School Board technology jacket on behalf of the board and school community.



MARYANNE FIRTH Staff Photo

Lakeshore Catholic High School specialist high skills major construction student Tyler Dekker presents Port Colborne deputy mayor Yvon Doucet with a 2012 Niagara Catholic District School Board technology jacket.

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Library ebook and audiobook download seminars: Monday, March 5,

6-7 p.m. Free demonstrations on how to select, check out, and download ebooks and audiobooks from the Library site to your home computer, and transfer them to a portable device. Free. Space is limited. Pre-register at the Library.

Highlights of MARCH BREAK WEEK ACTIVITIES AT THE LIBRARY during March 12 to March 16.

"Catch a Tune Concert" with Paul Behnk on Tuesday, March 13th. From 1:00 to 2:00 p.m. Cost. \$4.00 per person. Suitable for children of all ages.

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6-12. Cost \$3.00. Pre-Register at the Library.

One-on-One Computer Lessons. Saturday mornings at the Library. \$10.00 per person per one-hour lesson. Pre-registration required. Lessons geared toward your interests. Topics include: email, Facebook, Twitter, blogging, creating simple websites, and more...Call the Library at 905-834-6512 for an appointment.

SPORTS

VOLLEYBALL

Here are the latest results from Club Frontenac Volleyball League from Friday, Feb. 17:

Competitive A	
Frank's Home Hardware	30 22 28
Davidson's Funeral Homes	28 30 30
Island Heat	19 23 12
Davidson's Funeral Homes	30 30 30

Emerald Pines	30 29 29
Island Heat	11 30 30

Buckner's	30 22 30
Smokin Buddha	26 30 23

McNay Construction	30 19 28
Canalside	2 30 24

The Healthy Cupboard	30 26 30
McNay Construction	14 30 24

Competitive B	
Drifter's	30 30 30
RCJ Dream Renovations	10 22 29

F.A.Y Farms	22 21 15
The Belmont	30 30 30

Dr. Parr Optometry	30 30 30
The Reeb House	19 19 19

The City	30 30 30
The Reeb House	21 27 20

The Mill Ridgeway	30 30 26
South Coast Cookhouse	18 28 30

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Dry Skin

At this time of year patients are starting to complain about dry skin. Dry skin management often involves some trial and error of different products, but there are some general rules everyone can follow to help manage symptoms.

Dry skin occurs when oils in the skin are lost and water that is normally in the skin is able to escape. When bathing or showering it is important to use lukewarm water as opposed to hot water. Hot water can cause more oil to be lost from the skin and cause itching and dryness. Soap should be used only for groin, underarms, and feet. Other moisturizing body washes can be used for the rest of the body. After showering or bathing apply a moisturizer to help retain some of the moisture from the shower.

There are many different types of moisturizers. Depending on the ingredients they have separate functions. Some ingredients can hydrate and soften the skin. Others provide a barrier to prevent water loss, and others help to draw water to the top layer of the skin. Depending on what combination of ingredients are used there are four classes of moisturizers. There are ointments, oils, creams, and lotions.

Examples of ointment moisturizers include Aquaphor, and Vaseline. These moisturizers can be greasy and only a small amount is needed. They would be useful for someone with very dry hands. They can be applied at night under cotton gloves.

An example of an oil moisturizer would be baby oil. Again, only a small amount is needed. It is not a good idea to add these to the bath because they can make the tub very slippery. As well they can cause yeast infections when added to bath water.

An example of a cream moisturizer would be Cetaphil moisturizing cream. Cream moisturizers are generally less greasy, and very gentle for sensitive skin. Cetaphil specializes in products that won't cause acne and are safe for people with allergies.

Lotions are the least greasy; however, they sometimes contain alcohol and can be drying. An example would be Nivea body lotion. Read the label on the back of the lotion. You may want to avoid those that contain alcohol. In general, most moisturizers need to be applied several times throughout the day.

Our cold dry climate leads to many complaints about dry skin. Luckily, there are many products on the market that can help even the worst sufferers. If you are not sure about what is right for you, you may need to ask for some professional advice.

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■ **FIRE:** Homeowners return to Abbey Rd. home to find nothing left



DAVE JOHNSON Staff Photo

Wainfleet firefighters, helped by Haldimand crews, battled a house fire. Firefighters also poured water on a propane tank on the east side of the house to keep it cool.

Family home destroyed

DAVE JOHNSON
InPort News Staff

WAINFLEET — A family is homeless after flames ripped through their 19th-century farmhouse last Friday afternoon.

No one was at the two-storey home on Abbey Rd. when the blaze broke out, said fire Chief Harry Flagg.

The homeowners arrived as firefighters were getting ready to leave late in the day.

Flagg said there were a couple of family pets inside the home that did not escape the fire.

Wainfleet firefighters were called out at 1:17 p.m. When they arrived at the home, south of Brawn Rd., they found the residence that was built in the 1800s engulfed in flames.

Smoke from the fire could be seen about 10 kilometres away as it was pushed into the sky by winds out of the southwest. The smoke drifted across adjacent farm fields as well.

While firefighters were pouring water on the home, which looked to be completely collapsed, they also had at least three hoses aimed at a large propane tank on the east side of the dwelling. Steam could be seen coming off the tank as water hit it.

Asked if he could determine a cause or if there would be an investigation, Flagg said, "There's nothing left to investigate."

Nearly two dozen Wainfleet firefighters were assisted by two tanker trucks, firefighters



DAVE JOHNSON
QMI Agency Niagara

Wainfleet firefighters, aided by Haldimand crews, battled a house fire.

and a deputy chief from Haldimand County plus a fire prevention officer from Welland.

Flagg, a longtime volunteer firefighter, said Niagara's regional fire coordinator was also on scene to help provide some guidance. Flagg was hired as chief this past December and three area chiefs said they would support and assist him in his new role.

"I wasn't even in the township when the call came out," said Flagg.

While Haldimand supplied water, Wainfleet firefighters took water from a pond on the property and from a private underground storage tank that was said to contain at least 5,000 gallons of water.

Firefighters were on scene for four hours.

Flagg couldn't give a damage estimate early Thursday evening as he had yet to speak to the homeowner.

Niagara Regional Police closed the road and Niagara EMS were on scene as well. Hydro One was also called in to cut power to the home.

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Sun. Feb. 26	2:00
Fri. Mar. 2	7:30
Sat. Mar. 3	7:30
Sun. Mar. 4	2:00



DAVE JOHNSON Staff Photo

A Wainfleet fire truck is engulfed in smoke as firefighters pull hoses lines off the back.

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■ **ROSELAWN:** Series kicked off on Thursday

Readers announced for rest of season

NICOLE LEJEUNE
For InPort News

PORT COLBORNE — The Readings at Roselawn Series enters the second half of its season with a new set of Canadian authors.

The Canadian Authors Reading Series makes its much anticipated return and series subscribers have impatiently been waiting to discover who's in store for them over the next four months.

Readings at the Roselawn welcomed its fourth author, Douglas Gibson, on Thursday night who presented his book *Stories About Storytellers*. Gibson, the former president and publisher of

McClelland & Stewart as well as one of Canada's most critically acclaimed editor, *Stories About Storytellers* is the author's memoirs about his journey to help other authors become not only good but great. Gibson muses about a variety of books he's worked on and their respective authors during it all; the good, the bad and the ugly, culminating in a fantastic legacy in editing and publishing which lasted over 40 years.

March 29 brings author David Gilmour to the reading series stage, with his seventh book titled *The Perfect Order of Things*.

see **ROSELAWN** | page 18



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■ ROSELAWN

Seasoned authors featured in reading series

FROM PAGE 17

With so many stories under his belt, Gilmour decided to buy an introspective turn by having his narrator reflect on a life well-lived between the pages of Gilmour's creations. Revisiting first loves, family trauma and unrelenting jealousy, *The Perfect Order* of Things is more of a char-

acter's self-reflection but also a sort of glance in the mirror for the author himself.

Gilmour was the recipient of the 2005 Governor General's Award for English fiction with his novel *A Perfect Night to Go to China*.

Author and poet Alison Pick will be discussing her most recent novel, *Far to Go*,

on April 26. The story focuses on a Jewish Czech family's struggles as they try to escape from the ever-growing problems of their anti-Semitic homeland and save the life of a six-year-old boy.

Far to Go won the Canadian Jewish Book Award for fiction and was nominated for the prestigious

International Man Booker Prize last year.

Rounding out the season, author Lawrence Hill will be presenting his novel *The Book of Negroes* on May 31. A touching story of enduring the unendurable, *The Book of Negroes* follows inspirational lead character Aminata as she fights to free herself

and others from slavery any way she can. Hill invites his readers to follow along as he takes us through West Africa, London, South Carolina and elsewhere. The exceptional Book of Negroes won the Rogers Writers Trust Pricion Prize, the Commonwealth Writer's Prize and Canada Reads.

People interested in purchasing memberships to the Canadian authors series or who wish to attend specific readings may contact and leave a message for Loraine Bertrand at 905-834-0898. Season tickets are sold out but it may be possible to attend individual readings for \$25 each.



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INPORT NEWS

Reader's Choice

2012

Cast Your Vote!

Pick the Best In Port Colborne

BEST PLACE FOR FOOD AND DRINK

Chinese Restaurant _____
 Italian Restaurant _____
 Fish & Chips _____
 Fast Food Restaurant _____
 Family Restaurant _____
 Best Overall Restaurant _____
 Restaurant with a View _____
 Breakfast _____
 Lunch _____
 Outdoor Patio _____
 Chicken Wings _____
 Hamburger _____
 Pizza _____
 Sub _____

BEST ENTERTAINMENT

Movie Rental _____
 Bar _____
 Golf Course _____
BEST PEOPLE (INCLUDE FULL NAME AND NAME OF BUSINESS)
 Automobile Sales Person _____
 Insurance Agent _____
 Financial Planner _____
 Photographer _____
 Hairstylist _____
 Waitress/Waiter _____

BEST SHOPPING

Men's Store _____
 Women's Store _____
 Shoe Store _____
 Optical Store _____

BEST SHOPPING CONTINUED ...

Grocery Store _____
 Health Food Store _____
 Frozen Food Store _____
 Bakery _____
 Convenience Store _____
 Discount Store _____
 Pharmacy _____
 Pet Food Store/Supply _____
 Sporting Goods _____
 Florist _____
 Office Supplies _____
 Gift Shop _____
 Furniture Store _____
 Bedding _____
 Appliances _____
 Home Electronics _____
 Home Cleaning Service _____
 Gardening Centre _____
 Hardware Store _____
 Carpet/Flooring/Ceramic Tile _____
 Water Company _____
 Heating _____
 Air Conditioning _____
 Paint/Wallpaper _____
 New Cars _____
 Used Cars _____
 Lube/Oil Change _____
 Lumber Yard _____
 Car Wash _____

BEST SHOPPING CONTINUED ...

Body Shop _____
 Muffler Shop _____
 Auto Repair _____
 Tires _____
 Auto Parts _____

BEST SERVICES

Bank/Trust Co./Credit Union _____
 Beauty Salon _____
 Carpet Cleaning _____
 Catering Company _____
 Dance School _____
 Dentist _____
 Dry Cleaner _____
 Fitness Club _____
 Gas Station _____
 Insurance Brokerage _____
 Investment Company _____
 Landscape & Lawn Service _____
 Locksmith _____
 Marital Arts _____
 Pet Grooming _____
 Photo Finishing _____
 Signage Company _____
 Snow Removal Service _____
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Contest Rules:

Only original newspaper ballots or hand-drawn ballots accepted. No mechanical reproductions allowed. Employees of the Tribune, and their immediate families are not eligible. Winners of the Grand Prize will be determined by a random draw from all entries received by 5 p.m., Friday March 23, 2012. Winners will be contacted by phone. You do not have to fully complete ballot to win.

Name: _____

Address: _____

City: _____

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SEND ENTRIES TO:
In Port, Readers Choice 2012
 228 EAST MAIN ST., WELLAND, ON L3B 5P5
 OR DROP IN MAIL SLOT

All readers who submit a Readers' Choice ballot will have their names entered into a draw and the lucky winner of this draw will receive \$100.00 cash.

Fill in your ballot for the In Port's Readers Choice Awards. Write the names of your favourite businesses on the line provided. You can vote for as many different types of businesses as you wish in each of the categories. Those merchants and businesses who receive the most votes will win the prestigious Readers Choice Award. The winners will be announced in a special section of the In Port News Thursday April 5, 2012. Watch for our promise! Your ballot is your entry to our cash prize! So fill it out and send it today! The deadline for submission is 5 p.m., Friday, March 23, 2012.

Limit: One ballot per reader.

Please note: All categories do not have to be fully completed.

* Non Subscribers win \$50

NOMINATION FORM

"NOMINATION DEADLINE FRIDAY, MARCH 16, 2012 5:00 P.M."

Please provide a brief description of the nominee's contributions to their family and community as well as a brief description of the nominee's efforts in school. (You may attach your description if more space is required to a maximum of 1,000 words.)

Name of Nominee: _____

Address: _____

City/Town: _____

Postal Code: _____ Telephone #: _____

Age: ☐ 6-12 ☐ 13-18

Category: ☐ Cool to be Kind ☐ Against the odds ☐ Personal Best

NOMINATOR'S CHECKLIST

Before forwarding your nominations, please ensure you've completed the following steps:

Have You

- ☒ Signed the nomination form?
- ☒ Completed all sections of the nomination form?
- ☒ Provided a brief description of the nominee's contributions?

Nominator Name: _____

Telephone: _____

Signature: _____

NOMINATOR'S DESCRIPTION: _____

Mail or drop off completed nomination form to:

THE TRIBUNE 228 East Main St. P.O. Box 278 Welland, ON L3B 5P5

Please note: Complete nomination form, letters of support and any other materials submitted will not be returned

Judging Criteria

Nominees must be a resident of Pelham, Part Colborne, Wainfleet or Welland. Their accomplishments must have occurred within the past year. There is a 1,000 word limit for all nominations. No additional material will be accepted. Judges will rate each nominee from 1-10 in the following:

- What has the nominee accomplished during the past year?
- How has this accomplishment impacted on themselves and/or others?
- Why did the nominee set out to do this?

24 Semi Finalists will be honoured at the Great Kids Awards Gala on Sunday April 29th at Club Castrapignana

COOL TO BE KIND Nominees will have performed a service or act of kindness, support or encouragement to a friend, family, neighbour or stranger with no personal gain for themselves. This could be an ongoing or one-time service to an individual, group or community.

PERSONAL BEST Nominees will have achieved a level of performance beyond what might have been expected. This could mean achieving a top performance overall or performance to the best of their ability. Achievements can be in any area including business,

academics, athletics, music, art, writing, drama, etc.

AGAINST THE ODDS Nominees will have shown great strength, ambition and dedication in overcoming a mental, physical, personal, economic or environmental challenge to achieve a goal.

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The lack of **NO** greatly affects our body, and when we lose the ability to generate sufficient amounts of **NO**, this sets the stage for a number of different disease processes. As we age, we become **NO** insufficient and scientists believe this is the earliest sign of progression of many diseases including cardiovascular disease, the number one killer of men and women in North America. Unfortunately, until recently there was really no way to know if you were **NO** insufficient because there were no diagnostics for doctors to tests their patients. Furthermore there was no real solution to restoring **NO** homeostasis. Backed by over 10 years of research and testing, Neogenis Labs has developed the first and only nitric oxide test strip to test **NO** availability and also the first clinically proven technology for restoring **NO** homeostasis in patients over 40 years old. Neo40 is an all natural dietary supplement that has been shown in a double blinded placebo controlled clinical study to restore nitric oxide and reduce cardiovascular risks. The results of the trial showed that taking Neo40 for 30 days led to restoration of **NO**, 27% reduction in triglycerides, modest reduction in blood pressure and C-reactive protein (a marker of inflammation). Most notable effects of Neo40 in patients were an increase in energy, better mental acuity and focus, more endurance and better performance when exercising and better sexual health.

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saliva test
for Nitric Oxide level.

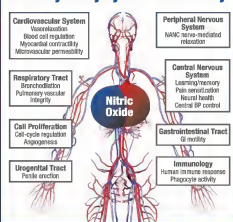


Get Tested Today!

Nitric Oxide is one of the most important naturally occurring molecules in the body, responsible for maintaining healthy blood pressure and optimal circulation.

- Nitric Oxide **optimizes circulation.***
- More blood flow means **better brain function** and better attention.*
- More blood flow means **better oxygen transfer** and **more energy.***
- Nitric Oxide also has important properties in the immune system as well as in the nervous system where it helps our **brain cells communicate properly.***

Nitric Oxide is critical for virtually every system in the body.



Ask About...

Neo40® Daily



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

"The discovery of Nitric Oxide and its function is one of the most important in the history of cardiovascular medicine."

— President of The American Heart Association, quoted in The New York Times

www.healthycupboard.ca

TWO LOCATIONS!

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FONTHILL 111 HIGHWAY #20 EAST

(Across from Sobey's)

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